



Wendel McRaven
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COLLEGIATE 10K TRAINING

Why am I here?



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Guiding Principles

- People Business



“It’s not about the Xs and Os, it’s about the ‘Jimmys’ and ‘Joes.’” (Football Coach quote)



Guiding Principles

- People Business (cont'd)
 - Individualization - We don't coach robots
 - Create an environment that is positive
 - "I never want to break their spirit." (Vince Anderson)
 - Encourage "ownership"
 - Not about the coach's goals
 - Program culture



Considerations

- Collegiate Setting – Texas A&M
 - Three competitive seasons
 - Regular & Consistent Racing
 - Championship season
 - Conference
 - NCAA 1st Round
 - NCAA National Championships
 - US Nationals / Olympic Trials?
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Regular & Consistent Racing

- Natosha Rogers
 - From October 14, 2011 through June 22, 2012
 - 24 races in 18 meets
 - 6k XC - 4 races
 - 800 - 1
 - 1500 - 3
 - Mile - 2
 - 3k - 2
 - 5k - 7
 - 10k - 4

Training Philosophy

- Aerobic Strength Based
 - 5k/10k athletes train most of the year like 15k/HM specialists
 - View as training year
 - Train strength – race speed (800, 1500/Mile, DMR)
 - Include weekly “speed development.”
 - Get to the end of the season fresh
 - Keep it simple

Fall / XC Training Patterns

- M "Speed Development"
- T Workout – LT/10k
- W Easy Distance
- Th MLR
- F Hills & Tempo
- Sa Easy / Recovery (as needed)
- Su Long Run



Winter Break Training Pattern

M Speed Development

T Easy distance

W MLR

Th Easy distance

F Hills, Tempo or Fartlek



Sa Recovery (as needed)

Su Long Run

Key Days – Winter Break

Monday

“Speed Development”

10-15 minutes easy

Hurdle Mobility + Drills

6-8 x 100m accelerations to ~400m pace
(or faster)

Sometimes plus 4 x 200m @ 1500-800 or
2 x 400 @ 1500-800


Followed by an easy run of 30-60 minutes



Key Days – Winter Break

Wednesday

Mid-Week Long Run / Medium Long Run
60-90 minutes “AE” (solid run)
(sometimes last 20-30 minutes up-tempo)



Key Days – Winter Break

Friday

Hills

9-12 x 300m Hills

OR

Tempo “True Tempo”

6k-8k @ T pace + 4-8 x 200 cutdowns

8k-12k @ T pace + 10-20 secs per mile

+ 4-8 x 200m cutdowns



Key Days – Winter Break

Sunday

Long Run


80-2:00 AE

Always start easy and build into it





Indoor Goals / Priorities

- Build / maintain aerobic strength
 - Stay healthy
 - Ready for conference meet
 - Qualify for nationals
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Indoor Training Patterns

Typical pattern – will vary with race schedule

M Speed Development

T Workout

W Easy Distance / Recovery

Th Medium Distance

F Easy

Sa Race

Su Long Run - Easy

Indoor Considerations

- We race regularly

- 2012 Tosha Rogers

- 1/14 Texas Ten Mile 4:50.06 (1st)
 - 1/21 LSU Dual Mile 4:45.84 (2nd)
 - 1/27 Mondo Chall DMR 4:43.8 (1600)
 - 1/28 3000 9:12.83 (1st)
 - 2/3 NB Collegiate 5000 15:58.40 (1st)
 - 2/24 Big 12 5000 15:52.40 (2nd)
 - 2/25 3000 9:14.22 (2nd)
 - 3/9 NCAA Ind 5000 16:04.06 (7th)

Key Days (indoors)

Tuesday (typically on grass)

1) 4-6 X 2000 @ T pace w/ 2:00 jog rec
+ 500-300-200

2) 2400-2000-1600-1200-800-400
(from T pace down to ~3k GP w/ 400 jog
recovery)

3) 4-5 x 2400 @ T pace w/ 2:00 jog rec

Key Days (cont'd)

Race weeks (race on Saturday)

Thursday

Mid week Long Run

60-80 minutes AE

+ 6-8 x 80-100m hill sprints OR

4 x 200m cutdowns

*Lots of individualization

Key Days (cont'd)

Non-race weeks – identify what they need

Friday

1) Tempo Run

8-10 miles (@ T+20-30 secs per mile)

2) 16-20 x 400 @5k to 3k pace w/ 100 jog
rec

Key Days (cont'd)

Sundays

Race weeks

Easy Long Runs

- slight cut back in volume
- controlled pace

Non-race weeks

Regular Long Runs

- sometimes w/ "medium tempo" segments

*Sometimes we move LR to Monday

Early Outdoor

- Back to basics
 - 2012 – NCAA Indoor through Texas Relays (3 weeks) – Nothing on the track (except speed development)
 - Long progressions
 - Hills
 - Fartlek
 - During this stretch Rogers ran two 1500s
 - 3/24 USC Trojan Inv 4:18.75 (2nd)
 - 3/31 Texas Relays 4:17.06 (2nd)

Early Outdoor (Cont'd)

- 2012 – NCAA Indoor through Penn Relays (7 weeks) – only two workouts on the track
 - Key workouts
 - Hilly 12k progression run plus 6 x 200m hills
 - 6 x 6:00 @ “tempo effort” w/ 2:00 jog
 - “Up-tempo” Long Runs

Outdoor

Similar Pattern to Indoor (Less Racing)

M Easy w/ speed development

T Workout

W Easy Recovery

Th Medium Long

F Easy

Sa Race

Su Long Run

*Lots of individualization and modifications

Outdoor Key Days

Tuesday (or Wednesday)

- 1) 16 x 400 @ 5k-3k w/ 100 jog
- 2) 8 x 1000 from 10k DP to 5k GP w/ 200 jog
- 3) 4 x 2k @ T w/ 2:00 jog rec
(3:00 jog)
1000m @ 5k GP

Road to NCAAs - Championship Season

- Big 12 Meet – May 11-13
 - Friday – 10k 1st – 34:18.66 (4:48 last 1600)
 - Sunday – 5k 1st – **15:57.17**
- NCAA Preliminary Round – May 24-26
 - Thursday – 10k 2nd – **33:47.12**
 - Saturday – 5k 2nd – **15:50.13**
- NCAA Nationals – June 6-9
 - Thursday – 10k 1st – **32:41.63**
 - Saturday – 5k 6th – **16:20.04**
- US Olympic Trials – June 22
 - Friday – 10k 2nd – **31:59.21 (4:48 last 1600 / 15:43 5k)**

“Championship Season”

Big 12 Week

- M** 40 – 50 min easy
+ full drills + 4-6 x 100m strides
- T** **1600 @ T (4:00 jog rec)**
2 x 800 @ 10k pace w/ 2:00 jog rec
(4:00 jog rec)
4 x 400 @ 5k-5k-3k-3k w/ 1:00 jog rec
- W** 30-40 minutes easy (after arrival at KSU)
- Th** 30 minutes easy + strides
- F** **Race – 10k (34:18.66 – 1st 4:48 last 1600m)**
- Sa** Easy run to shake out legs (30-40 min)
- Su** **Race – 5k (15:57.17 – 1st)**

Championship Season (Cont'd)

Post-Big 12 Week

M Off or X-Training

T **70-80 minutes easy (turned into 1:40 – got lost)**

W 40-50 minutes easy

Th **4 x 400 @ 1500 rhythm w/ 200 jog
(5-10 minute active break)**

**6 x 1k @ T w/ 200 jog
(5:00 active break)**

6 x 200 @ 1500 rhythm w/ 30 secs rec

F 40-50 minutes easy

Sa **60 minutes (40 easy – 20 @ tempo effort)**

Su 40-50 minutes easy

Championship Season (cont'd)

NCAA 1st Round

- M **1600 @ T (4:00 jog rec)**
2 x 800 @ 10k pace w/ 2:00 jog rec
(4:00 jog rec)
4 x 400 @ 5k-5k-3k-3k w/ 1:00 jog rec
- T 40-50 min easy
- W 30 min easy plus strides
- Th **Race – 10k (33:47.12 – 2nd)**
- F Easy shake out run 30-40 min
- Sa **Race – 5k (15:50.13 – 2nd)**
- Su 30 min easy

Championship Season (cont'd)

Post NCAA 1st round week

M Off

T 80 minutes easy

W 50 minutes easy

Th 2 x 2000 @ T w/ 400 jog
2 x 1k @ T w/ 200 jog
(5-10 minute active break)
6 x 200m cutdowns

F 30-40 min easy

Sa 60 minutes AE

Su 30-40 minutes easy


Championship Season (cont'd)

NCAA week

- M** **2 x (4 x 400)**
1st set @ 10k pace w/ 100 jog
2nd set @ 5k pace w/ 200 jog
(5:00 between sets)
- T** 40-50 min easy
- W** 30 minutes easy + strides
- Th** **Race – 10k (32:41.63 – 1st)**
- F** 30 minutes easy
- Sa** **Race – 5k (16:20.04 – 6th)**
- Su** 30 minutes easy



Final Analysis

- Maintained aerobic strength throughout year
 - Used races as part of training
 - Stayed fresh
 - Still excited about racing at the end of the season
 - Ran fastest when it mattered
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Questions???

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